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Transform Your Life with Yoga in
30 Days

Name:

Email:

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Yes! Please email me 30 FREE Yoga
Videos. I'm ready to start my
journey!

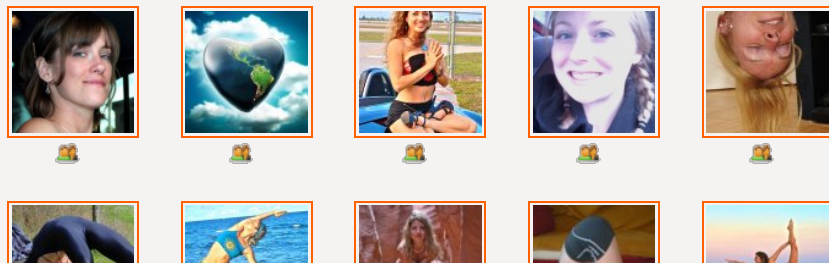


New Videos

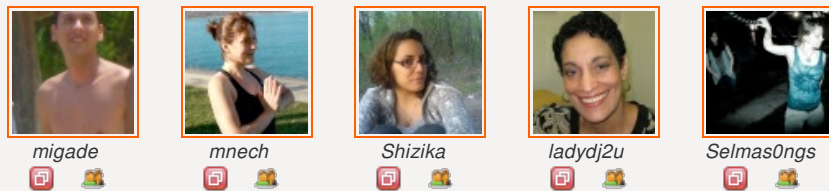
Day 2: Yoga Hip Stretches with Dashama- Vinyasa Yoga School
www.perfect10lifestyle.com Watch this short yoga session about opening your hips. Vinyasa Yoga is one of the most preferred forms of Yoga. If you're looking for a good Yoga workout and connect with your mind, body and soul, I suggest you give Vinyasa Yoga a try. [http](http://www.perfect10lifestyle.com)

[Browse Videos](#)


Recent Photos



Friends



"Transform Your Life with Yoga for beginners DVD".

Includes full 60 minute yoga class filmed in HD, 10 minute yoga abs session, 2 guided meditations & advanced yoga demo. Music by world renowned Snam Kaur.

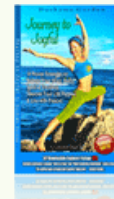
[Click Here to Preview DVD](#)



"Journey to Joyful"

Transform Your Mind, Body, Spirit & Emotions with Pranashama Yoga. Discover Your Life's Purpose and Live with Passion! This interactive book includes exercises for you to gain clarity about your life, about your goals and begin to create a clear picture about where you are going for the future. Includes scientific, psychological and metaphysical information, diagrams, and references to provide insight into the deeper philosophy of yoga, meditation and conscious evolution.

[Click Here to Peek Inside](#)



"Daily Health Journal" + "3 Stage Energy Diet"

Complete with 30 Daily meditations, health tips, and plenty of lined space to keep track of what you eat and the self care/exercises/meditation you do each day throughout the





Transform Your Life with Yoga with Dashama

Includes:

- 3 Stage Energy Ascension Diet Plan
- "Journey to Joyful" interactive guidebook/manual
- "Daily Health Journal" to keep you inspired and on track
- "Transform Your Life with Yoga" full length DVD
- Registration into the Challenge
- Community Support and interaction for motivation and encouragement
- 30 short 5-10 minute yoga videos emailed to you daily

"I feel more relaxed and confident. I'm improving and increasing in my energy levels. I feel more flexible in both body and mind." **-Maggie Cheang, China**
CONGRATULATIONS ON OUR COMMITMENT TO PERSONAL GROWTH AND EVOLUTION.
YOUR TRANSFORMATION HAS ALREADY BEGUN!

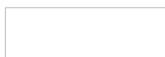
30 Day Yoga Challenge Level 3
Begin Today! \$59.98

 **Add To Cart**

----- 100% MONEY BACK GUARANTEE! -----

If you can show the completion of this program and still are convinced your life has not been positively impacted in a significant way, we are happy to refund your investment in full, (minus s&h) with no more questions asked. Money back guarantee rules and restrictions. You must have proof that you have read the book Journey to Joyful, completed the Daily Health Journal, practiced along with the DVD "Transform Your Life with Yoga" each day for 30 days, as well as following the 3 Stage Diet program fully without deviation.

Namaste,
Dashama
<http://www.dashama.com>



Challenge! [Click Here for more details...](#)

Yes! Transform My Life with Yoga!
(See below for full details)

 **Add To Cart**



Testimonials

Dashama, I have to be honest with you. I am an absolute beginner in the use of Yoga. Your videos and instructions are the first ones that have encouraged me to continue rather than just quit. You make things seem so much easier and enjoyable. Others I tried actually hurt. They had the opposite affect than what I was looking for. Thanks so much!

Posted By : Edie
Posted Date : 23 Sep, 2010

VIEW MORE



Support the Yoga Health Foundation

Schools across the nation are cutting physical activity off of the schedule, and we won't stand for it! When you register for the 30 Day Yoga Challenge Level 2 & 3, you are supporting the Yoga Health Foundation, a subsidiary of National Yoga Month (www.yogamonth.org) and bringing YOGA to Kids in public schools everywhere. Register for Level 2 or 3 Today!



About the Creator of 30 Day Yoga Challenge

Dashama Konah Gordon, E-RYT. CPT

Visit Dashama's website and read more about her mission & vision for Global Peace, Health and Unity.

Visit www.dashama.com

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